



**SPECTRUM HEALTH SERVICES, INCORPORATED**  
**5619-25 Vine Street**  
**Philadelphia, PA 19139**  
**(215) 471-2761**

## **JOB DESCRIPTION for BEHAVIORAL HEALTH CONSULTANT**

**Job Title:** Behavioral Health Consultant in Primary Care

### **Minimum Required Skills, Knowledge, and Experience**

- One of the following:
  - Master's degree in social work, or related field, with a minimum of two years experience as a therapist and a current license to practice in Pennsylvania as a Licensed Clinical Social Worker (or working toward licensure)
  - Doctoral degree in psychology, with a minimum of two years experience as a therapist and a current license to practice in Pennsylvania as a Psychologist (or working toward licensure)
- Competency in providing cognitive and behavioral interventions to individuals, families, couples, and groups with behavioral health/ substance abuse problems in a primary care setting.
- Excellent interpersonal skills and ability to work collaboratively with primary care staff, patients and other behavioral health clinicians.

### **Primary Function**

Provide clinical behavioral health services in a manner that upholds the health center's mission and quality standards and results in better patient health outcomes and overall satisfaction, and stronger operational and fiscal capacity of the health center.

### **Primary Tasks and Responsibilities**

**Brief Consultations** – Productivity expectation of a trained BHC is an average of 8-10 behavioral health consultations per clinical day, including:

- Individual, couples, and/ or family consultation with patients, including:
  - Functional and strength-based assessment and diagnosis;
  - Psychoeducation for patients and their support systems;
  - Medication adherence counseling and disease self management counseling;
  - Motivational Interviewing to develop behavioral strategies aimed at symptom reduction
  - Brief problem solving cognitive intervention aimed at modifying negative thinking and promoting self efficacy;
  - Self-Care Plan development and skills training to facilitate disease self-management, improved coping, distress tolerance, stress reduction, and relaxation; and
  - Substance use/ abuse evaluation, identification of maladaptive coping strategies, and development of harm reduction strategies.
- Consultation with PCPs to enhance understanding of the patient, provide decision support for treatment planning and assist in the implementation and monitoring of biopsychosocial treatment plans.

**Coordination of Care** – Provide consultation to and coordinate care of patients with health center primary care staff. Identify, refer, and advocate for patients needing specialty behavioral health service, and other services as needed.

**Crisis Intervention** – Be immediately available to the health center staff during working hours in the event of a psychiatric emergency. Participate as a member of the health center staff in the event of any other kind of emergency.

**Charting** – Complete all charting as needed and required by contacted funding sources: including assessments, progress notes, and billing.

**Other Duties:**

- Assist in provider training and education in integrated behavioral health-primary care model
- Participate in behavioral health quality improvement activities
- Participate in local behavior health trainings and conferences